## Your Health



INFANT PARALYSIS TAKES VARIOUS

The following article on infantile paralysis was prepared for the New York American by the Medical Information Bureau of the New York Academy of Medicine. It represents the consensus of opinion of experts who have devoted many years to the way study of the disease.

Poliomyelitis, or infantile paral-ysis, is a disease appearing in sev-

aral forms.

There is a mild form, which is called abortive. In this form the cases do not lead to paralysis. There are several other forms highway:

3. The driver of a vehicle entering

which vary in their intensity and in the suddenness of onset. A discus-sion of these different forms will or drive shall yield the right of way prove of little profit to the lay per-On the other hand, a cataloging

of the early symptoms may help in the early recognition of the disease. A child previously in good, if not perfect health, when attacked by the poliomyelitis virus, first presents the common symptoms of an acute infectious disease of childhood. Fever is practically always present. The child is restless, has diarrhea and vomiting. The tonsils and the lining of the mouth are markedly reddened and inflamed.

The parents should not take it upon themselves to make a diagillness, medical help should be called for. Diagnosis, being the business of the physician, should be left to him.

There is no specific treatment available today for infantile paralysis, if by specific treatment we have in mind something akin to diphtheria anti-toxin. Nor has medical science

WILL GLEASON OR FRAME

WILL GLEASON OR FRAME as yet evolved any preventive treatment against infantile paralysis, such, for example, as we today have for the prevention of smallpox or for the prevention of diphtheria.

is not entirely helpless. Though still in the experimental stage, we do have human immune serum as well as a horse serum for poliomyelitis. The full effectiveness of either of The full effectiveness of either of races at Altoona since the track first opened in the fall of 1923 and fully demonstrated, though a number of physicians who have studied

attack of poliomyelitis confers complete immunity, both in dirt track; Peter De Paolo was a two-time victor, as was the late (monkeys). Experimentally, it has been shown that the liquid part of the blood of a person who had and who has recovered from infantile paralysis has a neutralizing effect upon the virus causing the disease. Treatment also must be left to

the expert. Where, unfortunately, paralysis has set in, much can be done to minimize its extent by proper palliative treatment. During the period of recovery, there is practically always a tendency for the paralysis to lessen. The degree of recovery varies, of course, but with time practically all cases tend to improve.

Orthopedic care will help to prevent deformity and to lighten the handicaps under which the victims of infantile paralysis are obliged to

### CEREALS-ENERGY FOODS Dr. Morris Fishbeir

intake, but need to be supplemented by milk and by other foods in order to serve the needs of the living or-The cereals constitute the main portions of the diet of most of NEW PLAN PROPOSED the people in the world. They are usually digestible, although certain heavy breads, such as pumpernickel, are digested with difficulty.

constitute a a tremendous portion of ed, says Dr. F. P. Weaver, head of the diets of human beings. tain disease known as beriberi is nomics at the Pennsylvania State due to the fact that the rice has College. been polished. Polishing rice removes the vitamin B. There are mined from time to time on the various forms of nervous and diges- basis of such sales as occur, it is tive disorders which are associated important that some individual

carbohydrates. tablespoonfuls of farina, weighing all over the county in the triennial about 27 grams, will contain three assessment period. Tax authorities grams of protein, one-half gram fat throughout the United States are and 21 grams of carbohydrates. practically unanimous that this could Grapenuts, puffed wheat, puffed rice, shredded wheat and wheatena all or a county board of assessors, who have about the same composition. would apply the same measuring three tablespoonfuls of any of stick of value all over the county. these cereals will provide 100 calories to the body, a very small sessor is retained, but his work is amount of phosphorus, little if any subject to review by a local comwheat products, some calcium.

All of them will provide vitamins rice products contain relatively little local committee, being acquainted if any of these vitamins. Thus, the with property in its district, can cereals are energy producers and weight builders, as are all foods rich in carbohydrates. The diet of the fore the commissioners, school growing child should be relatively boards, and road supervisors accept rich in cereals for the same reason. them as a basis for levying taxes.

The development of the prepared breakfast foods has done much to add variety to the cereal diet. this means flavor and palatability body builders for most people, and may be supplemented and increased. are best supplemented with proteins the cereals are usually supplemented muscle meats do not provide much with milk, cream and sugar and that

The proteins of the cereal foods and with the various vitamins

RIGHTS OF MOTORISTS ON RIGHT OF ROAD.

"Right of way" is defined by the Pennsylvania Code as "the privilege of the immediate use of the high-

Although it is known hat two motor vehicles cannot occupy same space at the same time, without serious consequences to both, motorists continue to assert rights they may or may not possess. The amended Vehicle Code sets certain rules of procedure which, if followed, should greatly reduce the number of casual-ties ascribed to violation of the "right of way."

The rule that "the car on the right has the right of way" when two au-tomobiles approach an intersection at the same time remains unchanged in general application to operation of motor vehicles. There are, however, certain exceptions that should be thoroughly understood by every

The exceptions are: 1. Any vehicle traveling at unlawful speed forfeits the right of

2. Any vehicle approaching an intersection from any direction must yield the right of way to a vehicle turning left within the intersection, provided the driver of the turning the provided the given the proper signal vehicle has given the proper signal to all vehicles approaching on the

to all vehicles approaching the high-

4. Drivers shall yield the right to police and fire department vehicles and ambulances when such vehicles are operated upon official business. 5. Vehicles entering a "through highway" or "stop" intersection shall yield the right of way to all vehicles approaching in either direc-

6. Pedestrians within a cross walk in a business or residential district have the right of way over all vehicles, except when traffic is regulated by police officers or traffic signals

7. Vehicular traffic must yield the

of way to motor vehicles when cross-

WIN ON LABOR DAY?

Just who will be the tenth auto race driver to win the Altoona speedor the prevention of smallpox or the prevention of diphtheria.

On the other hand, the physician and entirely helpless. Though still the experimental stage, we do not entirely helpless. Though still a the experimental stage, we do speed events are held under American Automobile Association sanction.

There have been 15 championship Eddie Hearne won the first race. these sera experimentally and clinic-the late Jimmy Murphy won both ally are favorably impressed with races in 1924 only to meet death, of his victories, on the Syracuse mile two-time victor, as was the late Frank Lockhart as well as Billy Arnold, who took both victories in

> Hearne, Bob McDonough and Dave Lewis were solo victors as was Lou Moore, who won the recent July 4 Moore was operated on for race. appendicitis July 16 and it would only be by a miracle that he could be driving on Labor day.

> De Paolo won in June, 1925, and June, 1927; McDonough in September, 1925; Lewis in June 1926; Lockhart in the Labor day races of 1926 and 1927; Meyer in the lone August race, run in 1928 and both the June and August races of 1929.

With Arnold convalescing from his Indianapolis speedway accident Moore an unknown quantity because of his recent operation and no pres ent indication from him that he will be in the running Labor day, early dope points to Jimmy Gleason, sec-The cereals are primarily energy Frame, second place winner at Inond place winner July 4 or Fred dianapolis, as favorites to cop the second 1931 race at the Altoons speedway.

### FOR ASSESSING FARMS.

To improve the rural tax situation two methods for getting more uni-Rice is one of the cereals which form assessments have been suggest-A cer- the department of agricultural eco-

with an absence of vitamin B from responsible for accumulating data on all sales that occur in the county, Most of the cereals are rich in so that these data may be used as For example, three a basis for determining assessments be done best by a county assessor

In the other method the local assessor is retained, but his work is mittee of school directors and road supervisors working in cooperation A. and B, except that the polished with the county commissioners. This point out inequalities in assess-ments and have these corrected be-

By are not sufficient to serve alone as must be remembered also that from meat and milk products. The these serve to add to their food ties than do the cereals and must be supplemented with calcium sodium

# Evolution of Money



Salt Merchant of Morocco, Whose Salt Is Also Used for Money.

(Prepared by the National Geographic Society, Washington, D. C.) THIOPIA (Abyssinia), which has hitherto got along without a money of its own, is taking steps toward establishing a currency and coinage system on a gold basis. Most of the citizens are now using for their purchases bars of salt, rifle cartridges, and even empty bottles and tin cans. The money necessary in international dealings has been furnished in limited supply by Maria Theresa Thalers, introduced a number of years ago from Austria, and by a small amount of paper money issued by a branch of the National Bank of Egypt established in Addis Ababa, cap-Ital of Ethiopia. This bank is to be purchased by the Ethiopian government as a first step in its program to

set up a currency and coinage system. When Ethiopia issues her first bank notes and certificates, these bits of inked paper will represent the latest link in the very long chain of the evolution of money. In earliest times man traded or bartered one product or article for another. But the need for a common denominator of value became apparent even with the first glimmerings of civilization. The skins of animals served in this way when man was still a hunter, while shells became the first money of tribes living near the sea. When man settled down and became an agriculturist or a herdsman, grain and cattle came into use as his measures of values. The ox was "big money," the sheep "small change."

There were certain disadvantages in using live stock as money. For one thing, it might walk away in the night; for another, it consumed much provender. There were difficulties about very small change for the purchase of such edibles as kettles of fish and messes of pottage.

The human geography of the Near East, which had been pastoral, about this time got an industrial urge. A way had been found of extracting a metal from the earth of the island of Cyprus, handily set in the eastern Mediterranean. The Romans later twisted the name of this island in such a way that the modern word "copper" was derived from it.

How Copper Became Money. Copper pots began to appeal, and, like cattle, were universally prized. Merchants would exchange whatever they had in their stalls for copper pots, and the demand for them was more nearly universal than for any other object. The copper pot was, therefore, money.

Then into this region came one imbued with an idea of importance. In stead of presenting pots for use in facilitating barter, he would tender the copper of which they were made. He would offer it in a convenient form, made up into a strip which he called obolus. No definite idea of its size survives, but it was said that six made a handful. The obolus marked a great advance toward the use of coin.

The scene shifted to the west. Italy, as it awoke from barbarism, adopted a unit of copper as a measure of value. It called the unit as, a Roman pound of 12 unciae, or ounces, and it came into general use.

Copper served the purpose of money pecause of its intrinsic value. The as had the value of a pound of copper. Human nature being the same then as now, it soon came to pass that people made the as in a weight a little less than a pound and profited to the extent of the metal thus saved. They learned to mix certain quantities of baser and cheaper metals with the copper and their currency deteriorated.

Thus a step toward the development of actual money was forced on the nations. Governing powers found it necessary to step into the breach, to test metals used as money, to put their stamps guaranteeing quality and weight upon them, and by this avenue copper coins arrived.

As the centuries passed in the Medicerranean area, copper became plentiful and its purchasing power decreased.

Rome was getting much of the earth of Cyprus. Thus it developed that an average householder of ancient Rome. going to market to buy for a feast day, would need to pack a donkey to bear the weight of the copper for his shop-

The metal came to be too bulky in proportion to its value. Yet it held its place until another metal appeared that better served money purposes That metal was silver. The map of the civilized world was expanding Spain had begun to produce.

Civilization moved westward and Charlemagne established an empire of the French in the Eighth century on a silver standard. He formally decreed that the pound of silver should be the basic measure of value, and a continent accepted his edict. So it happens that in France today the word argent means "money," although its literal significance is "silver." Money of England.

Money history began to be written in another geographical area. The English began to talk of the "pound" in designating a money unit. This ir the silver pound of Charlemagne.

Originally 240 pennies were made from the pound of silver, and although the pound (sterling) has become a measure of value and not of weight, the relation to the old value standard continues-240 pence to the pound (sterling).

The English word "shilling" has a geographical origin that is quite differbarbarians of the North. These war- were thre?" riors and their opponents were given to wearing rings and arm bands made of silver or gold. After battles the rings of the slain were highly prized by the victors, and were gathered and properly distributed by an official who had charge of this division of speils. He was known as the ring-breaker and was actually the first treasury officia' of these northern tribes.

The rings were so made that they broke up into bits of a somewhat uniform size. One fragment was called a "schillingas." In the North it was an early form of money, and from it came the shilling, so dear to the Eny lish heart today.

The world was short of actual money from Caesar to Columbus. There was little progress during that long stretch and there appears to be some soundness in the theory that the absence of a circulating medium of sufficient quantity to make development possible was, in part, the reason for the stagnation. Yet, despite its scarcity, money events were taking place about the map of Europe and seem, in retrospect, to have been in prepara tion for the coming of better days.

Origin of the Dollar. Toward the end of the time of shortage there appeared in the interior of medieval Europe an individual who was to write a chapter of money history that has come down strangely into modern times, and to give a new nation of the West a currency unit that was to have a profound effect. This man made the first dollar in all the world, and gave it a name-which, though the etymology is not apparent at a glance, becomes upon examination the lineal ancestor of the word "do" lar."

The count of Schlick, for such was his title, dwelt in St. Joachimsthal (Joachim's Dale), a mining region of Bohemia. The patron saint of the community was St. Joachim.

Here the count of Schlick, in 151t. appropriated a silver mine. As his retainers took out the precious metal, the master laid his finger to his temple and considered the purpose to which he should put it. He must have been a man of perception, for he seemed to realize that he dwelt in a money-hungry world, and that his silver would serve best if made into coin. At any rate, he devised a new one

all his own. On its face appeared a reproduction of St. Joachim, and it was named after that personage and the community which gave it birth-Joachimsthaler. It was the first dol-

Now note the evolution of the word "dollar" from this, its polysyllabic ancestor. When the Joachimsthaler cestor. When the Joachimsthaler found its way into medieval Germany it was warmly welcomed. A practical people, however, soon tired of the length of its name, and by a judicious dropping of syllables it became the dropping of syllables it became the "thaler." The word in that form still survives in Germany.

When the thaler passed into the Netherlands its pronunciation was somewhat changed. Ther it was called the "daler." Then it crossed to England, where, by use of the broad "a," daler became "dollar." Under this modified name and geographically transplanted, the Joachimsthaler of the count of Schlick has grown and



# "THE Cheapest THING WE BUY AT \$379 A MONTH"

MY husband and I often remark on the great amount of electric service we receive for the small amount it costs us. We feel absolutely certain that electricity is the very cheapest thing around our home.

For, in addition to plenty of good light . . . we have the use of an electric refrigerator, washer, sweeper and our electric iron. Yet our bill comes to only about \$8.79 in an average month. That's for 48 invaluable kilowatt hours!-Mrs. F. A. (a West Penn customer).

In addition, Mrs. F. A. could enjoy all of the advantages of electric cooking by using about 130 more kilowatt hours. Since she is already using 48 kilowatt hours, the added kilowatt hours would cost her \$3.55. This total of 178 kilowatt hours, at

\$7.34, in 1923 would have cost her \$14.68. It is our policy not only to decrease the cost of current step by step with increased consumption, but also to reduce the rate whenever it is possible.

Teacher: "If there were Mr. Jones, ent. It was first used by the blonde Mrs. Jones and the baby, how many Johnny: "There were two and one to carry.

> Blinks-"Times have changed." Jinks-"I'll say. It used to be when a man was run down he took a tonic, now he takes an ambu-

> -If you see it in the Watchman you will know it's true.

### DEMOCRATIC

FOR SHERIFF We are authorized to announce that Eimer Breon, of Bellefonte borough, will be a candidate for the nomination on the Democratic ticket for the office of Sheriff of Centre county, subject to the decision of the voters as expressed at the primaries to be held on Tuesday, September 15th, 1931.

I hereby announce myself a candidate for the nomination for Sheriff of Centre County, subject to the decision of the Democratic voters at the primary election on September 15, 1931.

SINIE H. HOY

We are authorized to announce that John M. Boob., of Millheim borough, is a candidate for nomination for Sheriff of Centre County on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

COUNTY TREASURER hereby announce myself a candidate the nomination of Treasurer of Cen-County, subject to the decision of Democratic Voters at the Primary tion, to be held September 15, 1931. ROBERT F. HUNTER

PROTHONOTARY We are authorized to annonce that S. Claude Herr, of Bellefonte, Penna., is a candidate for nomination for Prothonotary of Centre County, on the Democratic ticket, subject to the decision of the Democrats of Centre county as expressed by the voters of the party at the Primaries to be held on Tuesday, September 15, 1931.

FOR RECORDER

We are authorized to announce that D. A. McDowell, of Spring township, is a candidate for nomination for Recorder of Centre county, on the Democratic ticket, subject to the decision of the voters of the party, as expressed at the Primaries to be held on Tuesday, September 15, 1931.

COUNTY COMMISSIONER

We are authorized to announce that John S. Spearly, of Spring township, is a candidate for nomination for the office of County Commissioner, subject to the decision of the voters of the Democratic party as expressed at the Primaries to be held Tuesday, September 15, 1931.

We are authorized to announce that T. M. Huey, of Patton township, is a candidate for nomination for the office of Commissioner on Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primarles to be held Tuesday, September 15, 1931.

We are authorized to announce that J. Victor Brungart, of Miles township, is a candidate for nomination on the Democratic ticket for the office of Commissioner of Centre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

COUNTY AUDITOR

We are authorized to announce that A. B. Williams, of Port Matlida, Pa., is a candidate for nomination for the office of Auditor of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

REPUBLICAN

FOR SHERIFF

We are authorized to announce that L. Frank Mayes, of College township, is a candidate for nomination for the office of Sheriff of Centre County on the Re-

publican ticket, subject to the decisi of the Republican voters of the Cour as expressed at the primary election be held September 15, 1931.

I hereby announce that I am a can date for nomination for Sheriff of Ca tre County on the Republican tick subject to the decision of the vote of the party as expressed at the Primites to be held on Tuesday, Septema 15, 1931.

COUNTY TREASURER We are authorized to announce to O. G. Morgan, of Bellefonte borou, will be a candidate for nomination the Republican ticket for the office

Treasurer of Centre County, subject the decision of the voters as expre at the primaries to be held on Tues-September 15, 1931. I hereby announce my candidacy nomination for the office of Treasurer Centre County on the Republican tick subject to the decision of the voters the party as expressed at the Prime to be held on Tuesday, September 1931.

C. C. SHUEY, Bellefonte

We are authorized to announce to Philip E. Womelsdorf, of Philipsbu is a candidate for nomination on Republican ticket for the office Treasurer of Centre county, subject the decision of the voters of the pa as recorded at the primaries to be in Tuesday, September 15, 1931.

I hereby announce that I am a can date for nomination on the Republic ticket for the office of Treasurer of C tre County, subject to the decision the voters of the party as expressed the Primaries to be held on Tuesd September 15, 1931.

ERNEST E. DEMI, Philipsburg.

AUDITOR We are authorized to announce that D. Musser, of Spring Mills, is a car date for nomination for the office Auditor of Centre County, subject to decision of the voters of the Republi party, as expressed at the primaries be held on Tuesday, Sept. 15, 1931. We are authorized to announce to David A. Holter, of Howard borough a candidate for nomination for the of of Auditor of Centre County, subject the decision of the voters of the Repulican party as expressed at the primar to be held on Tuesday, Sept. 15, 1821.

OVERSEER OF THE POOR We are authorized to announce Alexander Morrison will be a candifor Overseer of the Poor of Bellefo at the primaries to be held on Septem 15th, 1931, subject to the decision of Republican voters of the borough.

We are authorized to announce to Edward W. Klinger, of east How street, will be a candidate for Overs of the Poor of Bellefonte borough, significant properties of the decision of the Republication o voters as expressed at the prir Tuesday, September 15th, 1931.

JUSTICE OF THE PEACE.

We are authorized to announce name of J. M. Keichline, of Belleft Borough, as a candidate for the nomition of Justice of the Peace in the Sc and West wards, subject to decision the Republican and Democratic voter the South and West wards of Belleft Boro at the primary election to be it September 15th, 1931.

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